

Lundi , 07.08

09:15 - 10:10

Pilates
Cynthia

10:30 - 11:15

Physio Fit
Marie

12:15 - 13:00

*BBP (Bauch,
Beine, Po) /
Bodytone*
Petra

18:00 - 18:55

Yoga
Regine

18:00 - 18:55

Functional Workout
Fabienne

19:00 - 19:55

Herzgruppe
Andrea

Mardi , 08.08

12:15 - 13:00

Cycling
Petra

14:00 - 14:55

Herzgruppe
Andrea

18:00 - 18:55

TRX
Jerom

18:00 - 18:55

Cycling
Laura

19:15 - 20:10

Pilates
Mariya

Mercredi , 09.08

09:10 - 10:05

Yoga
Susan

10:30 - 11:15

Physio Fit
Marie

12:15 - 13:00

Pump
Bärbel

18:00 - 18:55

Functional Workout
Jerom

Jeudi , 10.08

12:15 - 13:00

TRX
David

Vendredi , 11.08

10:00 - 10:45

Fit Gym
Petra

12:15 - 13:00

Pump
Nicolle

18:00 - 18:55

Functional Workout
Jerom

Samedi , 12.08

09:30 - 10:25

Zumba
Idalmis

10:00 - 10:55

Full Body Workout
Jacqueline

10:45 - 11:40

Yoga
Olga

Dimanche , 13.08

09:30 - 10:25

Cycling
Petra

10:45 - 11:40

Pump
Jacqueline